

**RE DIVIDED
ORDER LINE**

REYFIELD — Marcel...
...the other side of the...
...stand in the United...
...They are in Fort Cov...
...New York.

**AT TERMINAL
FISHERMEN**

ermen's terminal, which...
...will rank among the...
...in the United States, is...
...completion in Seattle.

**ic Centre
Dates**

- FRIDAY
Sports
- Bo Me Hil Gym Class
 - King Edward High School Gym Class
 - Sup-Rec Jr. Girls
 - Adult Club Badminton
 - Sup-Rec Teen Age Boys
 - Basketball
 - Kay Hi vs. Bo Me Hi Series
 - Special
 - Teen Age Girls Craft Group
 - Rotary Club Chorus
 - Camera Club (Teen)
 - Music and Drama Committee.



VICE-REGAL BOOT—Viscount Alexander, governor-general, officially started the east-west football final at Toronto Saturday afternoon with a powerful 25-yard boot. Standing behind the ball-holder are Tom Brook, president of the Stampeders and Dr. Geldert, acting mayor of Calgary. Calgary won 12 to 7. (CPPhoto)

Seasonable Ideas for Housekeepers

**MEAL FROM FREEZER INTERESTING
DIVERSION FOR GRACIOUS LIVING**

This is the dawn of a new "ice age" in which one may discover that frozen foods can give more time for better and gracious living. Everyone enjoys entertaining but too often there is a tendency to put it off as being too much work and trouble for the pleasure finally derived from it. Now with frozen foods becoming more accessible to every housewife, complete meals can be quickly and nutritiously planned around them.

There is no longer any limit to the variety of interesting dishes which can be added to the dinner menu. Fruits and vegetables know no season and can be enjoyed the year round. Here is an interesting dinner party menu.

Frozen Fruit Cocktail
Fried Spring Chicken Cranberry sauce
July- fresh green beans
August corn-on-the cob
September cauliflower
June Strawberry whip

Home economists offer some helpful advice as to the preparation of such a meal. They say that it is important to cook or serve frozen foods at just the right stage or otherwise they will not show off their good points to advantage. It would, therefore, be wise to assemble the main items of the meal to be served, an hour beforehand in order to allow time for some of them to thaw.

Plan to leave the vegetables in the freezing compartment of the refrigerator until the last few minutes before cooking. The chicken for frying should be completely thawed and cooked as the fresh would be. Frozen chicken pieces will take about 4 hours to thaw at room

temperature.
Don't forget to thaw the cranberry sauce too. The strawberries for the dessert should also be thawed before using. They will require about 2 hours at room temperature or about twice as long in the refrigerator. Corn-on-the cob should also be thawed at room temperature for about 4 hours.

Dredge chicken pieces with flour, salt and pepper. Brown pieces well on both sides in a heavy pan in melted fat then reduce heat and confine to cook covered for about 3 to 35 minutes depending on the size of the pieces and age of the birds.

Vegetables should be cooked only for a very few minutes and served at once. The green beans and cauliflower require only 3 minutes cooking and are put on to cook as a frozen block. Have water boiling vigorously as the cooking period is timed from the boiling point only. Most frozen vegetables are now packed dry and for cooking require 3/4 cup of boiling water and 1/2 teaspoon salt for one 16 oz. package. Corn-on-the cob requires 7, 9 or 11 minutes cooking time depending on

whether the cobs are small, medium or large.
While the chicken is frying, the dessert may be prepared. Strawberry whip requires only a few minutes preparation and will add that special finishing touch to the meal. Here is the recipe:—

STRAWBERRY WHIP
3 egg whites
2 tablespoons sugar
1/8 teaspoon salt
2 teaspoons lemon juice
1-16 oz. package frozen strawberries
Beat egg whites until stiff but not dry. Gradually beat in sugar. Add salt and lemon juice. Add juice from berries (1/2-3/4 cup if syrup pack is used) and beat slightly. Fold in thawed berries. Pile whip lightly in individual dishes and serve at once.
Yield:—Six servings.

**To Mardi Gras By
Horse and Wagon**

SAN FRANCISCO—D. and R. Peger, young men from the north have arrived from Oregon by horse and rig and plan to keep right on for Pasadena. From there, the objective will be New Orleans where they hope to enjoy the Mardi Gras—if horse and wagon hold out.

**Another Newspaper
Raises Its Price**

OTTAWA—Another Canadian daily newspaper has been increased in price from three to five cents, because of greater costs in production. This is Le Droit, Ottawa's only French language daily.

**Alberta Hospitals
Increasing Rates**

CALGARY—Three of the five groups of the Associated hospitals of Alberta have proposed increases ranging from 75 cents to \$1.50 in basic ward rates.

**APPEAL IS
DISMISSED**

An appeal from a sentence of three years, entered by James Howard Foster at the recent assize in Prince Rupert, was dismissed in Vancouver recently. The accused had been convicted of obtaining \$1,640 from a Japanese by false pretences. This was at Smithers. Sentence was pronounced by Mr. Justice Whittaker.

Pierre Renoir, famous French painter, first painted on porcelain.

The Experts Say

By KAY REX
Canadian Press Staff Writer
Here are some recipes which are high in vitamins, but low in cost:

Liver Loaf (serves six)—Ingredients: one pound liver; one-half pound hamburger, one cup bread crumbs; one onion chopped fine; juice of half a lemon; one egg, well beaten; two table-spoons tomato catsup; one tea-spoon salt; one-quarter tea-spoon pepper; tomato juice or milk to moisten.

Skin liver, parboil in salted water from 10 to 15 minutes. Drain, chop and mix with other ingredients. Pack mixture into a greased baking-pan. Bacon may be used to line pan or may be placed on top. Bake at 350 degrees for one hour.

Oatmeal Cookies (two dozen)—Ingredients: one-half cup shortening; one-quarter cup brown sugar; one-half tea-spoon vanilla; one-half tea-spoon baking soda; one-quarter cup hot water; one-third cup raisins; one-half cup flour; one cup oatmeal; dash salt.

Cream shortening with vanilla and sugar. Add hot water. Add oatmeal and sifted dry ingredients. Drop by teaspoonful on baking sheet. Press flat with fork. Bake at 375 degrees Fahrenheit for eight minutes.

Here is a "Food Rule" menu for one day: Breakfast—To-

mato juice; shredded wheat with milk; whole wheat bread; milk or cocoa, made with milk. Lunch or Supper—Baked beans; whole wheat bread and butter; baked apple; oatmeal cookies; milk. Dinner—Roast beef; baked potato and beets; coleslaw; gingerbread; milk of tea.

Home economics recommend the use of honey at the breakfast and dinner table.

"Mixed with peanut butter or chopped dried fruit or cottage cheese it quickly makes a delicious sweet sandwich-spread for use at home or to pack in a lunch-box," says the department. "Honey sauce for pudding or ice cream always meets with approval."

When it comes to cake-baking the size of the egg often means the difference between success and failure. Home economists of the department of agriculture have been making tests on eggs and have found that, although the yolks of different sized eggs did not vary greatly, there was a difference in the whites.

To obtain one cup of egg whites, 10 pullet eggs are required, but only six large eggs. When beaten, the whites of two large eggs make a generous deep meringue for a pie. Three pullet eggs were required for approximately the same volume.

Pork & Beans

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